

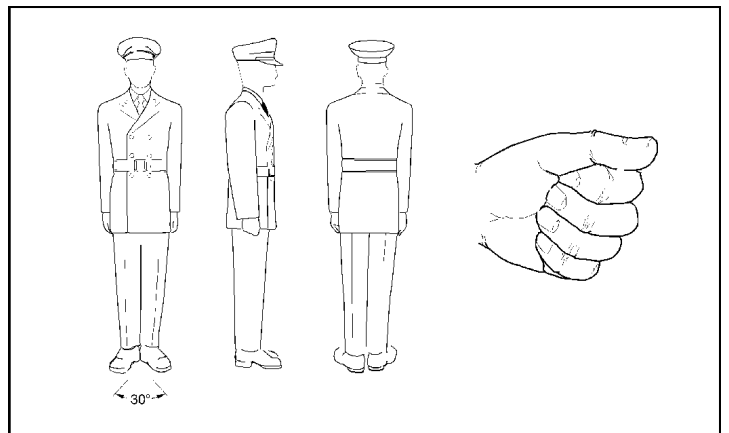
GREEN STAR DRILL

Adopt the Position of Attention, Stand at Ease and Stand Easy

1. The position of attention is one of readiness for a word of command. Alertness and exactness in this position is important, and therefore personnel should not be kept at attention longer than necessary. The position of attention is the position adopted by all when addressing a superior, saluting the Canadian flag, or showing respect for the national anthem.
2. The position of standing at ease is an intermediate position between attention and standing easy. It allows no relaxation, but can be maintained without strain for a longer time than the position of attention.
3. The position of stand easy is ordered when it is desirable to permit cadets to relax. This command is only given when the squad is in the position of stand at ease.

Adopt the Position of Attention

4. The cadet will adopt the position of attention, by ensuring:
 - a. Heels are together and in line.
 - b. Feet are turned out to form an angle of 30°.
 - c. Body is balanced and weight distributed evenly on both feet.
 - d. Shoulders are level, square to the front.
 - e. Arms are hanging as straight as the natural bend will allow, with elbows and wrists touching the body.
 - f. Wrists are straight, the back of the hands outwards, fingers aligned, touching the palm of the hand, thumbs placed on the side of the forefinger at the middle joint with the thumbs and back of the fingers touching the thighs lightly and the



- thumbs in line with the seam of the trousers.
- g. Head is held erect, neck touching the back of the collar, eyes steady, looking their height and straight to the front.
- h. No part of the body is strained.

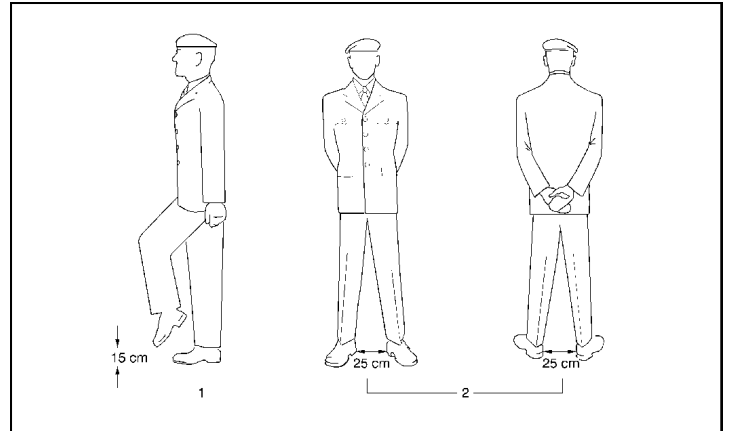
Stand at Ease from Attention

5. STAND AT EASE BY NUMBERS, SQUAD – ONE

- a. The cadet shall bend the left knee

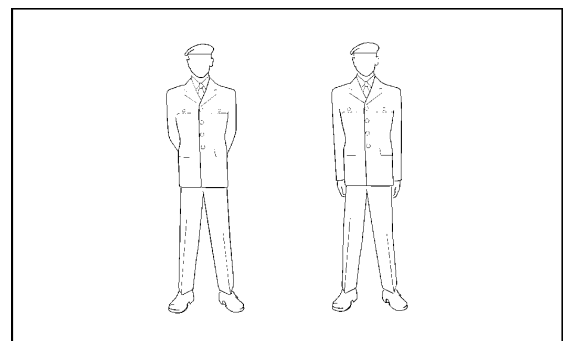
6. SQUAD – TWO

- a. Carry the left foot to the left, straightening it in double time, and place it smartly flat on the ground with the inside of the heels 25 cm apart;
- b. Simultaneously, with a quick motion, bring the arms behind the back, stretched to their full extent, and place the back of the right hand in the palm of the left, with thumbs crossed right over left, the fingers together and extended; and
- c. Balance the body with the weight evenly distributed on both feet.



Stand Easy from At Ease

- 7. On the command STAND – EASY
 - a. Close the hands and bring the arms to the position of attention.
 - b. Observe a standard pause.
 - c. Relax.



Stand at Ease from Standing Easy

- 8. In order to adopt the position of stand at ease from easy the cadet shall, on the cautionary command SQUAD, (or formation title), assume the position of stand at ease.

Attention from Stand at Ease

9.ATTENTION BY NUMBERS, SQUAD – ONE,

- a. Bend the left knee and shift the balance to the right foot.

10.SQUAD – TWO

- a. Straighten the left leg in double time, place the foot smartly on the ground, toe touching first, followed by the heel, and with heels aligned; and
- b. Simultaneously, with a quick motion, bring the arms and hands to the position of attention

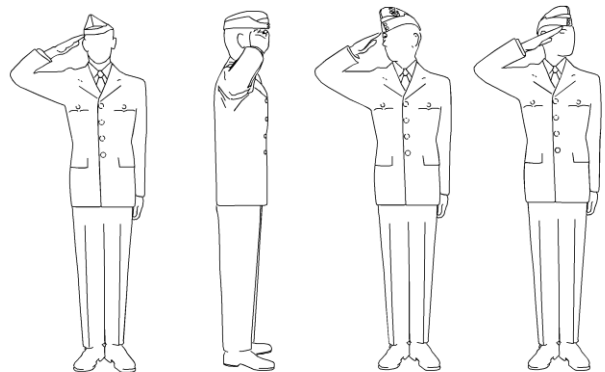
SALUTING AT THE HALT

11.The salute is a sign of respect shown to officers, the Canadian flag, the National Anthem, God Save the Queen and The Last Post on Remembrance Day.

12.The salute is given with the right hand. When physical incapacity or carrying of articles makes a salute with the right hand impracticable, compliments will be paid by turning the head and eyes to the left or right or standing to attention

13.TO THE FRONT SALUTE BY NUMBERS, SQUAD – ONE

- a. Bend the right elbow and open the palm of the right hand as it passes the shoulder.
- b. Force the right hand by its shortest route to the front of the headdress.
- c. Palm of the hand is facing down.
- d. Thumb and fingers are fully extended and close together.
- e. Tip of the second finger is in line with the outside of the right eyebrow and 2 cm above or touching the arm of glasses, if worn.



- f. Hand, wrist and forearm are in a straight line and at a 45 degree angle to the upper arm.
- g. elbow is in line with the shoulders
- h. upper arm is parallel to the ground

14.SQUAD – TWO

- a. The hand is brought sharply to the position of attention by the shortest route, without slapping the thigh.
- b. The hand is closed after the forearm is lowered below shoulder level.

15.TO THE RIGHT (LEFT) SALUTE BY NUMBERS, SQUAD – ONE,

- a. Saluting shall be executed as detailed above, except that.
- b. The head and eyes shall be turned smartly to the right (left) as far as possible without straining.
- c. When saluting to the left, the right hand, wrist and arm are brought further over to the left to the correct position in line with the outside edge of the right eyebrow.
- d. When saluting to the right, the arm is moved to the rear, with the tip of the second finger remaining in line with the outside edge of the right eyebrow.

16.SQUAD – TWO

- a. The hand is brought sharply to the position of attention.
- b. Simultaneously the head and eyes are turned smartly to the front.

TURNS AND INCLINES AT THE HALT

17.Turns and inclines at the halt are used routinely on parade to change direction 90 or 45 degrees left or right. You will use turns often to prepare to march, to be dismissed, and to accept awards.

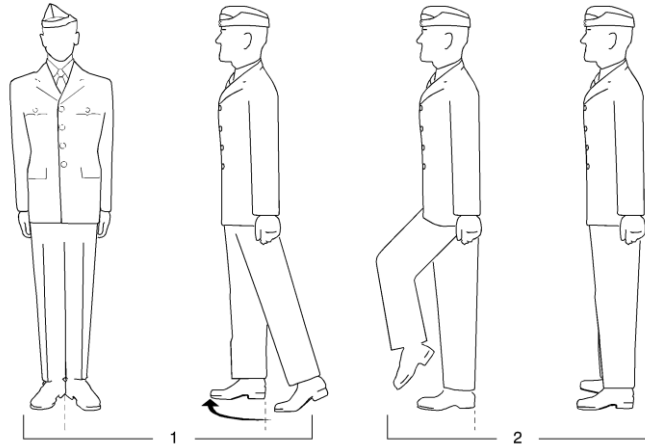
18.RIGHT TURN BY NUMBERS, SQUAD – ONE

- a. Squad members shall turn 90 degrees to the right by pivoting on the right heel and left toe and raising the left heel and right toe simultaneously.
- b. Both knees will be kept braced during the turn, arms at the sides and body erect.

- c. On the completion of the movement, the weight of the body is placed on the right foot and the left leg is braced with the heel off the ground.

19.SQUAD-TWO.

- a. Squad members shall bend the left knee, straighten it in double time and smartly place the left foot beside the right to assume the position of attention.

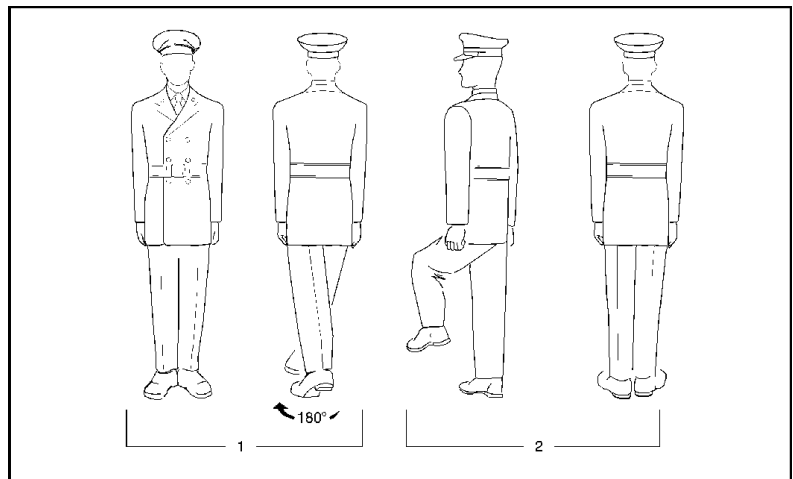


20.RIGHT IN – CLINE

- a. The drill as described for a right turn is followed, but the turn is only made through 45 degrees.

21.ABOUT – TURN

- a. The drill as described for the right turn is followed, except that the pivot to the right is made through 180 degrees.
- b. Balance is maintained by bracing the legs and locking the thighs



Right and Left Close March

- 22.Right and left close march are used to shift the squad to the right or left without having to turn and march.

23. Close march paces to the right (left) shall not be ordered when the distance required to move exceeds eight paces. When the distance is greater, the squad shall be turned and marched the required distance

24. ONE PACE RIGHT CLOSE MARCH BY NUMBERS, SQUAD – ONE

- a. Bend the right knee, carry the foot to the right and place it smartly on the ground with the inside of the heels one side pace 25 cm apart.
- b. Balance the weight of the body evenly on both feet.
- c. Keep the arms still at the sides.

25. SQUAD – TWO

- a. Squad members shall shift the weight of the body to the right foot, bend the left knee and place the left foot smartly by the right to assume the position of attention.

26. The timings for the above movements are counted as follows:

- a. For one pace, “one-one”.
- b. For two paces, “one-one, pause, one-two”.
- c. For three paces, “one-one, pause, one-two, pause, one-three”, etc...

PACES FORWARD AND TO THE REAR

27. Paces forward and rear are used to move a squad slightly up or back when they are on parade.

28. A group shall not be moved forward or back more than three paces by this method. When the distance is greater the squad will be marched the required distance.

- a. The cadence shall be in quick time.
- b. The length of each step shall be one half pace (35 cm).
- c. The arms shall be kept still at the sides.

29. ONE PACE FORWARD MARCH BY NUMBERS, SQUAD – ONE,

- a. Shoot the left foot forward one half pace, forcing the weight forward on the left foot, with the right heel raised.
- b. Keep the arms still at the sides.

30.SQUAD – TWO

- a. Squad members shall bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left and assume the position of attention.

31.ONE PACE STEP BACK MARCH BY NUMBERS, SQUAD – ONE

- a. Shoot the left foot to the rear one half pace with the weight forward on the right foot and the left heel raised.
- b. Keep the arms still at the sides.

32.SQUAD – TWO

- a. Squad members shall bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left, and assume the position of attention.

33.The timings for the above movements are counted as follows;

- a. For one pace, “one-two”.
- b. For two paces, “one, one-two”.
- c. For three paces, “one, one, one-two”.

DRESSING A SQUAD

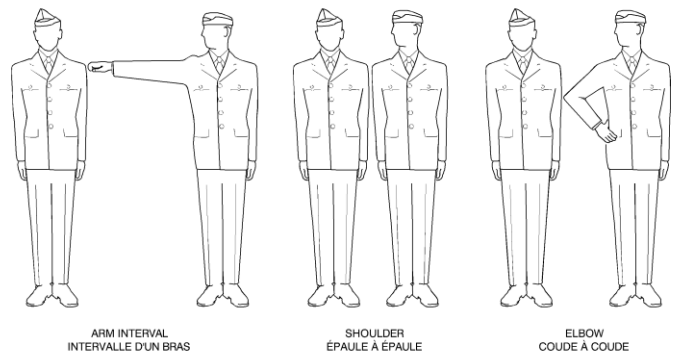
34.Dressing a squad is used to line everyone in the squad up in straight lines side to side and front to rear. It is used on all parades.

35.RIGHT DRESS BY NUMBERS, SQUAD – ONE:

- a. The right-hand individual of the front rank stands fast.
- b. The remainder take a half pace forward by shooting the left foot forward, bending the right knee and adopting the position of attention.

36.SQUAD – TWO

- a. The right file stands fast.
- b. The remainder turns head and eyes to the right as far as possible without straining.
- c. Simultaneously, the front rank, except the right-hand individual, shoots



the right arm its full extent behind the shoulder of the one on the right. The hand is closed as in the position of attention, back of the hand uppermost and arm parallel to the ground.

37.SQUAD – THREE

- a. The right-hand individual of the front rank stands fast.
- b. The remainder takes up correct alignment, distance and covering by taking short, quick paces until they are in the correct position.
- c. Movement starts with the left foot.

38. As a guide to taking up correct alignment, each member of the squad except those in the right file moves to a position from which the lower portion of the face of the second person to the right can just be seen. Correct covering is taken up by glancing to the front without moving the head. The interval is correct when the closed hand is touching the left shoulder of the person on the right.

39.The standard pause shall be observed between the movements

40.EYES – FRONT

- a. Squad members shall snap the head and eyes to the front and cut the right arm smartly to the rear of the individual on the right and to the position of attention without slapping the thigh.

41.SHOULDER DRESSING, RIGHT – DRESS

- a. dressing is carried out as for the right dress, except that the arms are not raised and dressing is taken up without arm's length interval

42.ELBOW DRESSING, RIGHT – DRESS,

- a. The right hand is placed on the hip or belt as applicable; fingers closed, pointed down and extended forward, thumbs to the rear.
- b. The point of the elbow forced forward and touching the individual's arm on the right.

43. When dressing by the left, the same drill is followed except the head and eyes are turned left and the left arm is raised. The left-hand individual stands fast, looks to the front, and those in the file behind adopt the appropriate distance between ranks.

44. Dressing may be ordered by the centre when required if more than one squad is on parade in line or mass. The command is INWARD – DRESS and flanking squads shall dress by their left or right as appropriate

45. When a squad is formed with only one person in the blank file, that individual shall dress with the front rank when the squad is advancing and with the rear rank when the squad is retiring. When the squad is moving to a flank, the individual shall dress with the directing flank.

OPEN ORDER MARCH

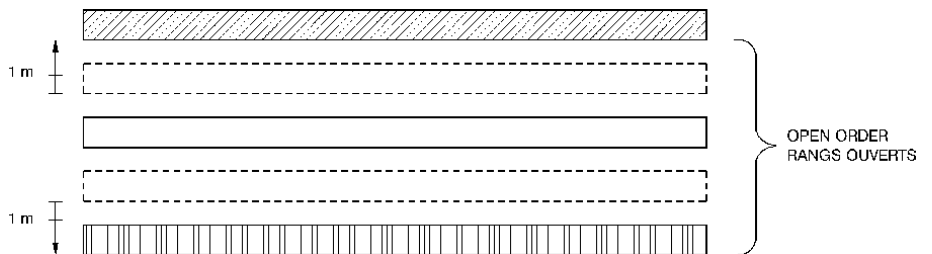
46. The open order march is used to create a space between ranks. It is used for inspections and when awards are being presented.

47. The open order is executed as follows:

- a. the front rank shall move forward three half paces, the rear rank shall step back three half paces and the centre rank shall stand fast;
- b. the cadence shall be in quick time; and
- c. the arms shall be kept still at the sides.

48. OPEN ORDER – MARCH

- a. The movements will be executed as for three check paces forward and to



- the rear, the final movement being executed by bending the right knee, straightening it in double time and placing the right foot smartly on the ground by the left and assuming the position of attention.
- b. the timing for the movements is counted as one, one, one-two
- c. for three ranks, the front rank goes forward, the rear rank goes back, and the center rank stays steady
- d. for two ranks, the front rank stands fast and the rear rank steps back

49.CLOSE ORDER –MARCH

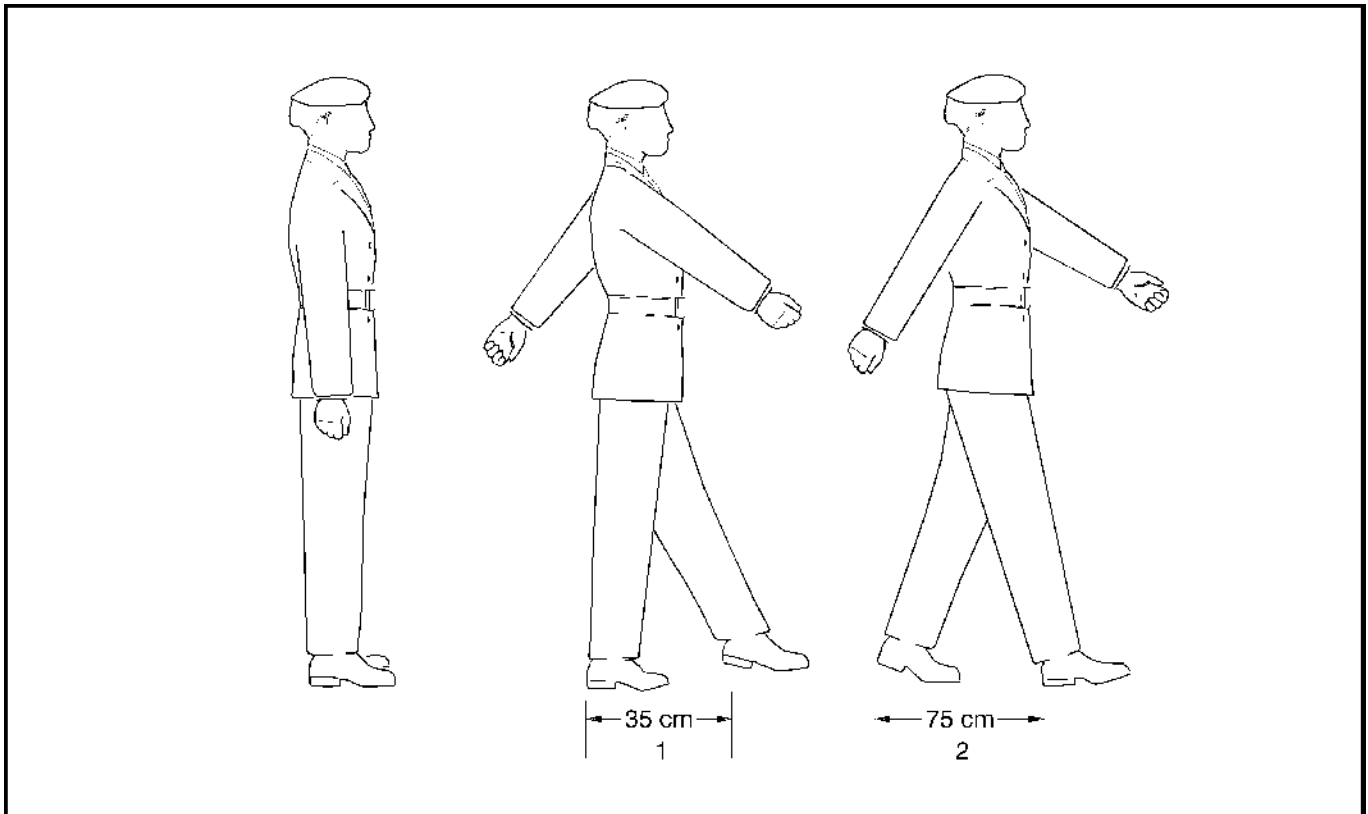
- a. the squad shall reverse the above movements

MARCHING AND HALTING IN QUICK TIME

QUICK MARCH BY NUMBERS, SQUAD – ONE, squad members shall:

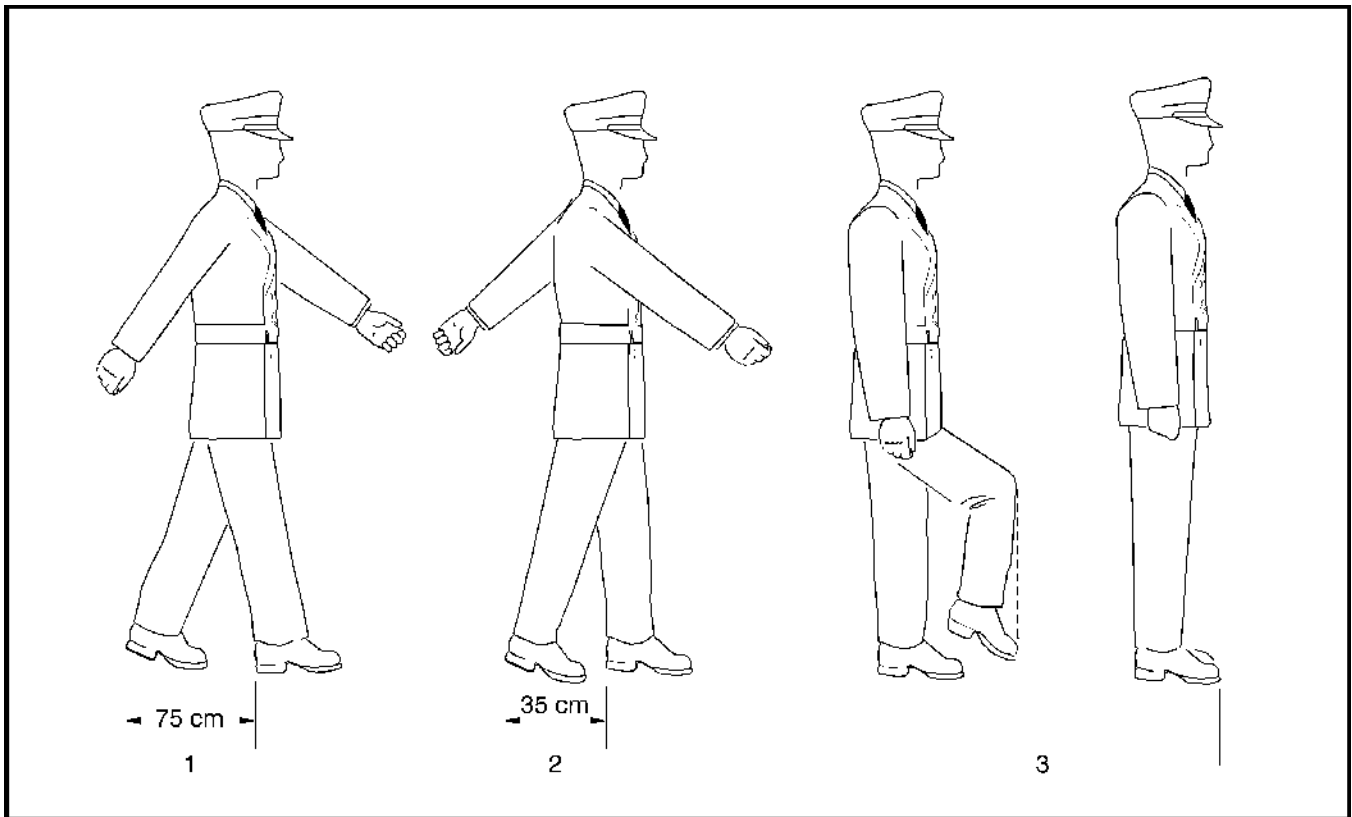
- a. shoot the left foot forward one half pace, toe up;
- b. strike the heel on the ground first and keep the toe pointed directly forward; and
- c. simultaneously, swing the right arm straight forward and the left arm straight to the rear, waist high.

1. On the command SQUAD – TWO, squad members shall:



- a. continue marching with subsequent paces of standard length;
- b. bring the legs forward successively in a straight line;
- c. swing the arms forward successively in a straight line from the

- shoulder, front to rear, with hands closed as in the position of attention; and
- d. maintain dressing by the directing flank.
2. During basic training, recruits shall be directed to swing arms breast-pocket high in order to build agility. Commanding officers may continue this direction at their discretion.
 3. On the command QUICK – MARCH, the two movements are combined.
 4. On the command HALT BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall:
 - a. check the forward movement by placing the right foot flat on the ground naturally, using the heel as a brake; and
 - b. swing the left arm forward and the right arm to the rear.
 5. On the command SQUAD – TWO, squad members shall:
 - a. take a half pace with the left foot, placing it flat on the ground; and
 - b. swing the right arm forward and the left to the rear.
 6. On the command SQUAD – THREE, squad members shall:
 - a. bend the right knee, straightening it in double time; and
 - b. simultaneously, cut the arms to the side as quickly as possible and assume the position of attention.
 7. On the command SQUAD – HALT, the three movements are combined in quick time. The timing is called as “one, one-two”.



8. The command QUICK – MARCH shall always be given to ensure that troops step off in time with a band or another body of troops already on the march. It is given on successive right feet of the group which is already moving, i.e., QUICK on the right foot of the marching troops and MARCH on the next right foot.

9. The quick march is performed in a brisk and forceful manner. It may be desirable when marching long distances out of the general public eye to permit the troops to relax. If so, the commander may order MARCH AT – EASE. The cadence and pace length remain unchanged, but the troops may otherwise relax. The command to return to normal marching style is MARCH AT ATTEN – TION. Commanders shall not permit troops to march at ease in public parades, ceremonies or when entering or leaving barracks.

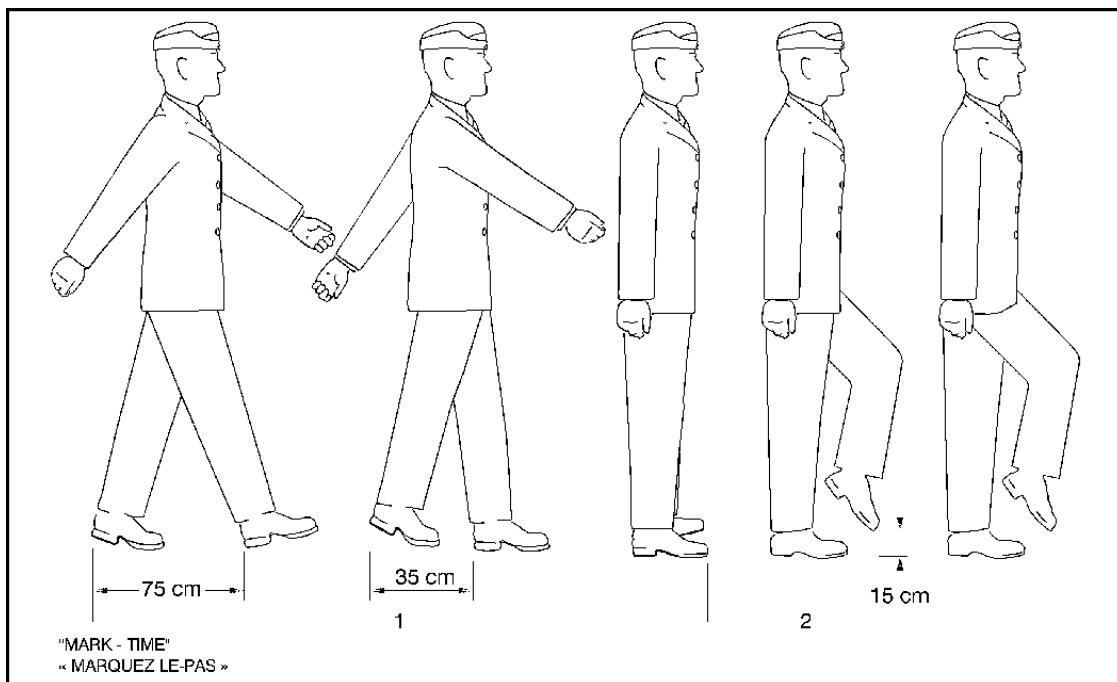
MARK TIME, FORWARD AND HALT IN QUICK TIME

10. Marking time in quick time is carried out at the same cadence as for marching.

11. On the command MARK TIME BY NUMBERS, SQUAD – ONE given as the right foot is on the ground, squad members shall:
 - a. take a half pace with the left foot, placing the foot flat on the ground naturally;
 - b. bring the right foot into the left in a straight leg manner, not scraping the ground;
 - c. simultaneously, cut the arms to the sides and assume the position of attention; and
 - d. maintain the same cadence.

12. On the command SQUAD – TWO, squad members shall:
 - a. bend the left knee;
 - b. place the toe on the ground before the heel as the leg is lowered; and
 - c. continue to mark time until the command FOR – WARD or HALT is given.

13. On the command MARK – TIME, the two movements are combined.



timing is:

- a. Count: LEFT – IN – LEFT – RIGHT – LEFT
- b. Foot: LEFT – RIGHT – LEFT – RIGHT – LEFT

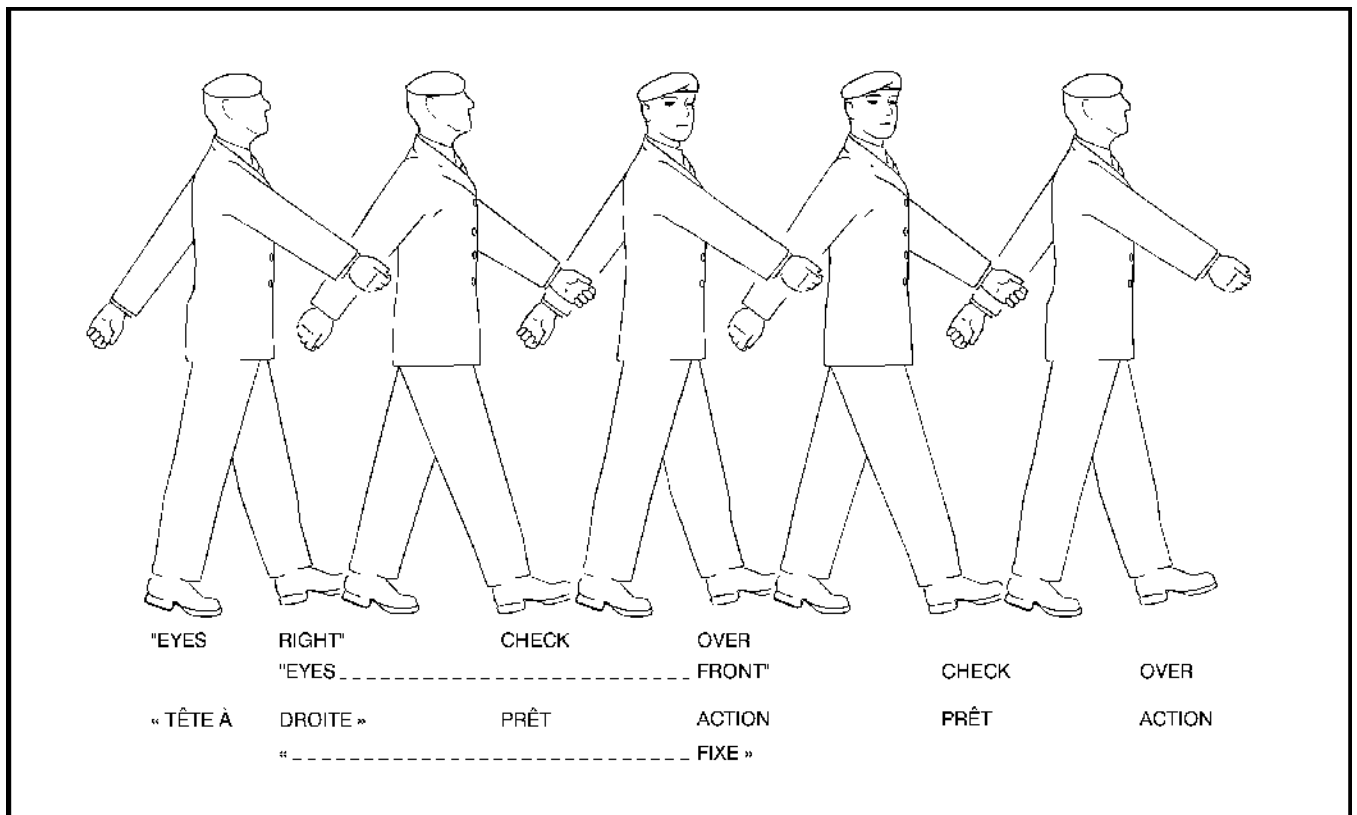
14. The

15. On the command FOR – WARD given as the left foot is on the ground, squad members shall:
 - a. straighten the right leg and assume the position of attention;
 - b. shoot the left foot forward in a half pace; and
 - c. continue marching in quick time, swinging the right arm forward and the left to the rear.
16. On the command SQUAD – HALT given as the left foot is on the ground, squad members shall:
 - a. take a further mark time pace with the right foot;
 - b. take a further mark time pace with the left foot; and
 - c. straighten the right leg in double time and assume the position of attention.
17. The timing for the halt is counted “one, one-two”.
18. To mark time from the halt give command, QUICK MARK – TIME.

SALUTE ON THE MARCH WITHOUT ARMS

19. The movements of the salute to the front and to a flank shall be executed as described in Chapter 2.
20. When a service member salutes on the march, he shall commence the drill movement five paces before reaching an officer, look directly into the officer’s eyes by turning his head in the required direction on the commencement of the salute, and complete the salute one pace beyond him. This permits the officer to return the salute before the member has passed

21. On the command TO THE RIGHT (LEFT) SALUTE BY NUMBERS, SQUAD – ONE given as the left foot is forward and on the ground, squad members shall:
- complete the next pace with the right foot; and
 - swing the left arm forward and the right arm to the rear normally.
22. On the command SQUAD – TWO, squad members shall:
- complete the next pace with the left foot;
 - cut the left arm to the side; and
 - cut the right arm forward to the side and then up into the salute in one continuous movement.
23. While saluting, the head is turned right (left) as far as possible without straining as appropriate.



24. On the command SQUAD – THREE, squad members shall complete four paces in quick time, ending with the left foot forward.
25. On the command SQUAD – FOUR, squad members shall:
 - a. complete a pace with the right foot; and
 - b. cut the right arm to the side.
26. On the command SQUAD – FIVE, squad members shall continue marching.
27. On the command TO THE RIGHT (LEFT) – SALUTE, the movements are combined. The timing for the salute is counted as follows:

CHECK-UP – TWO – THREE – FOUR FIVE-DOWN-SWING
 RIGHT-LEFT-RIGHT-LEFT-RIGHT-LEFT-RIGHT- LEFT

PAYING UNIT COMPLIMENTS WITH A SQUAD ON THE MARCH

28. On the command EYES – RIGHT (LEFT), given as the left foot is forward and on the ground:
 - a. squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, turn the head and eyes to the right (left) as far as possible without straining and look directly into the eyes of the personage being saluted;
 - b. squad members shall continue swinging arms;
 - c. the leading person on the directing flank shall maintain head and eyes to the front to keep direction; and
 - d. the person in command of the squad salutes.
29. On the command EYES – FRONT given as the left foot is forward and on the ground:
 - a. squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, cut the head and eyes smartly to the front; and
 - b. the person in command of the squad completes the salute on the right foot by checking his arms to his sides and

commences to swing his arms on the following pace with the left foot.